

Year 10 GCSE PE End of Year Assessment Checklist

Students will sit 1 paper covering four chapters;

Please see checklist of topics below.

Chapter 1 (Applied Anatomy and Physiology)

- The Structure and Function of The Musculoskeletal System (Bones, Muscles, Joints)
- The Structure and Function of The Cardio-Respiratory System (The Heart, Blood Vessels, The Pathway of Blood and Air)
- Anaerobic and Aerobic Exercise
- The Short and Long-Term Effects of Exercise

Chapter 2 (Movement Analysis)

- Lever Systems (Types of Lever FLE, Mechanical Advantage)
- Planes and Axes (Different Planes and Axes of Movement)

Chapter 3 (Physical Training)

- Components of Fitness
- Fitness Testing
- Principles of Training
- Types of Training
- Optimise Training and Prevent Injury

Chapter 4 (Sport Psychology)

- Classification of Skills
- Goal Setting and Target Setting
- Basic Information Processing
- Guidance and Feedback
- Mental Preparation for Performance (Arousal levels, Inverted U Theory, Types of Aggression, Types of Motivation and Personality Types).

HINT- ENSURE ALL THE ABOVE ARE APPLIED TO SPORTING EXAMPLES

The three key areas I need to focus my revision are:

1)

2)

3)